

Among Friends



Fond du Lac Senior Center ...where friends meet!

NOVEMBER 2015

Proudly serving the seniors in the Fond du Lac community for almost 50 years!

TIME TO GIVE THANKS

The Fond du Lac Senior Center is thankful for:

- Our many volunteers who give of their time and talents
- Everyone who participates in the many programs and activities at the Center
- All of our Friends members who support the Center financially and in many other ways
- The Friends Board of Directors and the Senior Citizens Advisory Committee
- Businesses and organizations who generously support the Center
- City officials and members of the City Council for their support



HAPPY THANKSGIVING!

The Senior Center will be closed on Thanksgiving, Thursday, November 26 and Friday, November 27.

2015



A Free Monthly Publication
Vol. 6 • No. 11

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Fond du Lac Senior Center

151 E. 1st St.
Fond du Lac, Wisconsin 54935
Phone (920)322-3630
Email..... cloomans@fdl.wi.gov
Hours..... M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities.

Friends bylaws available at the Center.
Visit us online at www.fdlseiorcenter.com
[Facebook.com/FondDuLacSeniorCenter](https://www.facebook.com/FondDuLacSeniorCenter)

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about the Center.



Hi All~

Wow – November already! November has always been one of my favorite months – for a couple of reasons. My Grandpa was almost exactly 50 years older than I was. We both had November birthdays so one of the highlights of November was going to visit my Grandparents in La Crosse and the joint birthday celebration that we would have.



The other reason that I like November is because of Thanksgiving Day. Yes, I love the food and the football, but even more than that, I think that it is awesome that we have a day where we are reminded to be thankful for all of our blessings.

Last month I wrote about positivity and how it affects our physical wellbeing. It shouldn't be much of a surprise then to learn that being grateful has many of the same benefits.

UC – Davis psychology professor Robert Emmons has done research on gratitude. His studies have found that “grateful people – those who perceive gratitude as a permanent trait rather than a temporary state of mind – have an edge on the not-so-grateful when it comes to health. Grateful people take better care of themselves and engage in more protective health behaviors like regular exercise, a healthy diet, regular physical examinations,” Emmons states.

Lisa Aspinwall, a psychology professor at the University of Utah says “There are some very interesting studies linking optimism to better immune function.” Grateful people tend to be more optimistic, a characteristic that researchers say boosts the immune system. It's no surprise that positivity and gratitude are so closely related.

I read something interesting on the “net” the other day. It said, “What if you woke up today with only the things that you were thankful for yesterday?” The good news is that you would all still be here – I am grateful for the wonderful place that this Center is and the amazing people that I get to work with and serve each day.

What would you wake up with?

SNOWBIRDS? MOVING?



If you have recently moved or will be temporarily away and have asked the Post Office to hold or forward your mail, PLEASE CALL THE RECEPTION DESK at 322-3630 TO LET US KNOW! Because of our bulk mailing status for our Among Friends newsletter, any newsletters that cannot be mailed will be returned to the Senior Center and **will be charged** to the Center. We have been getting many newsletters back each month and this can be quite costly. Or, give us your email address and we'll email the latest issue to you!

SEEKING FRIENDS BOARD MEMBERS FOR 2016-17

Get involved with your Senior Center! The Fond du Lac Senior Center Friends Board is seeking three (3) new members to serve on the Friends Board for 2016-19. The election will be at the



January Annual Meeting but we need to establish a slate of potential members prior to Friday, January 29, 2016. If you're interested or would like more information on the Friends Board, contact Cathy Loomans at 322-3630.

Thank you to our 2015 Friends Board!

Newsletter Crew

Editor..... Cathy Loomans
Coordinator.....Joan Brezinsky
Mail Crew.....20+ volunteers!

Newsletter Deadline

The deadline to submit something for the December *Among Friends* newsletter is Friday, November 6, 2015. Please submit information to Joan Brezinsky.

Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings from 9:10-9:25 a.m. for the Senior Center update.

Cathy Loomans, Senior Center Director, is the guest of Wade Bates on his *After Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.

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Programs & Activities

Artist of the Month



An "Artist of the Month" is being featured in the east lobby at the Senior Center. One artist a month displays a work of art, along with an Artist Statement and bio. Check out the talent we have here!



HO HO HOTLINE Volunteers Needed!

Many volunteers are needed to answer the telephone in December for ONE HOUR with our community service program: Ho Ho Hotline. Would you be willing to chat briefly with local children when they call to talk to Santa or Mrs. Claus and share their "wish lists"? Both men and women are needed. The Hotline days will be Monday through Friday, December 1–23. The hour will be from 3:30-4:30 p.m. at the Senior Center. Call the Center at 322-3630 if you could help one or more days. The children—and seniors—loved it last year!

Veterans Day Pancake Breakfast

Wednesday, November 11
8:00–10:00 a.m.

Say "Thank You" to our veterans and enjoy a FREE, delicious pancake breakfast at the Fond du Lac Senior Center!

Pancakes, sausage, applesauce, orange juice, coffee and water.

To register, please call 322-3630 before Thursday, November 5.

Sponsored by Lake View Place.

The Outreach program will be kicking off their Heart Tree ornament fundraiser during the breakfast. Ornaments will be available for \$3 each. Watch December's newsletter more for details on changes to the Heart Tree fundraiser.



AARP CHAPTER 614 CHRISTMAS PARTY

Wednesday, December 16

North Fond du Lac Community Center
281 Garfield Street, NFDL

Social—11:30 a.m.
Luncheon—Noon

Musical entertainment to follow.

Menu: Beef tips, chicken, mashed potatoes & gravy, green beans, fruit fluff, cake, and beverages

Cost: \$10 per person

* Great Food * Entertainment
* Fun * Raffles

Register by Friday, December 11
Limit of 80 attendees

AARP Christmas Party

Name(s): _____

Phone: _____

\$10 per person. Amount Enclosed: _____

Make check payable to "AARP Chapter 614," and mail to: Kate Barr, N6411 Danny Lane, Fond du Lac, WI 54937. The deadline to register is Friday, December 11.

**If you would like to join for \$3, your membership is good now through December 2016. Those joining by January 31 will be eligible for a \$25 gift certificate in a random membership drawing to be held at the AARP General Meeting at the Senior Center on Thurs., Feb. 18, 2016.*



Fond du Lac Senior Center Friends Christmas Party

Open to all Friends members!

KC Hall

Monday, December 14, 2015

5:00 Social, 5:30 Dinner

Entertainment following dinner.

Menu is a choice of 2 entrees:

Baked Ham OR Turkey Breast with Cranberry Dressing
and includes a house salad, dinner rolls, whipped potatoes & gravy,
vegetables, coffee, tea or milk, and ice cream.



- Door prizes
- 2016 Happy Travelers Trip Highlights
- Lots of fun with friends!



Cost: \$14.50 per person. Firm deadline to register is Tuesday, December 1
unless it fills with 240 people before that date. NO REFUNDS after December 1.

SENIOR CENTER CHRISTMAS PARTY: You **MUST** be a Friends member to attend. Space will be **LIMITED to 240** so sign up as soon as possible. Firm deadline to register is Tuesday, December 1, 2015 **UNLESS** it fills before that date!

NAME _____ ☐ Baked Ham **OR** ☐ Turkey Breast
\$14.50

NAME _____ ☐ Baked Ham **OR** ☐ Turkey Breast
\$14.50

Telephone _____ Check Number _____ Cash _____ **TOTAL PAID** _____

Make check payable to: Friends, Inc.

**CUT THIS RESERVATION FORM AT THE DOTTED LINE AND DROP OFF OR MAIL IN WITH PAYMENT.
LIMIT OF 240 SO PLEASE REGISTER ASAP!**

Office use only:

Date Paid _____ Receptionist Initials _____ ☐ Paid in person ☐ Registered by mail

Programs & Activities



SCRAPBOOK CROP

Saturday, December 5
9 a.m.—9 p.m.

To register, contact Kim Wagner
at 920-517-1108.



Coffee & Conversation

First Friday of every month

Friday, November 6

Friday, December 4

8:00—9:00 a.m.

Join your friends at the Senior Center the first Friday of every month from 8-9 a.m. for coffee, donuts and good conversation.



SHOW US YOUR TEAM SPIRIT!

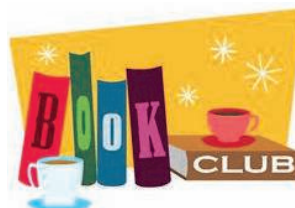
Wear your cheesehead hat, green and gold beads, favorite jersey, etc. on game days or the Fridays before games. GO PACK!

Sunday, November 1 at Denver Broncos
Sunday, November 8 at Carolina Panthers
Sunday, November 15—Detroit Lions
Sunday, November 22 at Minnesota Vikings
Thursday, November 26—Chicago Bears
Thursday, December 3 at Detroit Lions
Sunday, December 13—Dallas Cowboys
Sunday, December 20 at Oakland Raiders
Sunday, December 27 at Arizona Cardinals
Sunday, January 3—Minnesota Vikings

Do you like to read?

Join our Book Club!

We meet at the Senior Center the 3rd Monday of every month (usually) at 9:30 a.m.



Upcoming books and meetings:

November 16: *"Diary of a Young Girl"* by Anne Frank
This book is available in the "book kit" in room 1 at the Senior Center.

December 14 (2nd Monday): Meet for breakfast at Faros at 9:30. Bring along a favorite book!

January 18: *"The All Girl Filling Station's Last Reunion"* by Fannie Flagg

Call the Senior Center for more details.



DRIVER SAFETY CLASS

Monday, November 9, 2015

8:15 a.m.—12:15 p.m.

This one-day senior driver refresher course consists of all in-class learning with no tests and no driving. The cost is \$15 for AARP members (bring your card); \$20 for non-members.

Pre-registration required by calling 322-3630 by Monday, November 2.

Why Take a Driver Safety Class?

The AARP Driver Safety Program has helped millions of drivers remain safe on today's roads. The program is a refresher course that can help you learn the effects of aging on driving and how you can adjust your driving. It is designed to help you:

- Refresh your driving skills and know the new rules of the road.
- Learn research-based driving strategies to help you stay safe behind the wheel.
- Get an auto insurance discount. Many insurance companies provide a multiyear discount to AARP graduates! Check with your provider.
- Plus, there are no tests to pass. Sign up today!

Tax Counseling for the Elderly Training opportunities start soon

Call NOW for more information, or to volunteer!

If you are computer literate and good with numbers, have some basic tax knowledge and enjoy helping people, your help is needed during this coming tax season. The program, Tax Counseling for the Elderly (TCE), is co-sponsored by the IRS and AARP. It provides free personal income tax assistance, and free e-filing, to low-to-moderate income taxpayers - with emphasis on those over 60.



Two roles are available: 1) Client facilitators - are needed to organize the client's personal information. They will have a short training session of about two hours to prepare for the season. 2) Preparers - will use TCE materials to prepare for and complete a proficiency test prior to formal training. They will prepare tax returns for our clients from the first week in February until mid-April.

Instructional materials will be provided to be used for individual study of tax law. Preparers must pass an open-book proficiency test on the materials prior to January training. Optional Wednesday sessions in November will provide practice using our tax software and will review tax law. Sessions will be scheduled in December to supplement the training materials. Mandatory day-long training sessions will be held January 12, 13 & 14 at MPTC. The January sessions will be taught by certified instructors Jim Pollard and Mike Sweney - and will train volunteers on Wisconsin tax law, as well as reinforce and expand upon federal preparation. Preparers and client facilitators are expected to volunteer at least one 4-hour session per week during the season. Many volunteer a full day, or more.

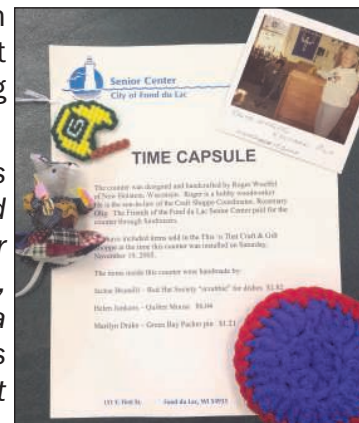
TCE volunteers are people who like to help others. They are also motivated to learn the tax system and apply their knowledge and tax skills to assist others. Jim and/or Mike will be on site every session. Tax appointments will be made Tuesdays, Wednesdays and Thursdays during the ten-week tax season.

For more information, please contact the Senior Center at 322-3630 or Mike Sweney at 923-1916.

TIME CAPSULE FOUND!

While remodeling the gift shop, we discovered a time capsule stashed away in the counter. It contained a photo of Roger Woelfel and Rosemary Olig, a scrubbie, Green Bay Packer Pin, Quilt Mouse, and the following note:

"The counter was designed and handcrafted by Roger Woelfel of New Holstein, Wisconsin. Roger is a hobby woodworker. He is the son-in-law of the Craft Shoppe Coordinator, Rosemary Olig. The Friends of the Fond du Lac Senior Center paid for the counter through fundraisers."



We have included items sold in the This 'n That Craft & Gift Shoppe at the time this counter was installed on Saturday, November 19, 2005.

The items inside this counter were handmade by:

- Jackie Brunelli—Red Hat Society "scrubbie" for dishes \$1.82*
- Helen Junkans—Quilt Mouse \$6.04*
- Marilyn Drake—Green Bay Packer pin \$1.21*



RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER
OF THE RED HAT SOCIETY

The Senior Center chapter of the Red Hat Honeys is open to all ladies 50 and older. Annual membership dues are \$5, plus your Friends membership.

Creating Holiday Center Pieces

Presented by

Personal Touch Florists

Thursday, November 19; 1 p.m.
(11:30 lunch at the Senior Center)



Please register for this FREE event by Friday, November 13 at the front desk where more information is also available. If you'd like to join us for lunch, call 929-3937. Lunch is \$3.00.

Programs & Activities

Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday (odd months): TBA

1st Tuesday (even months): ManorCare

2nd Tuesday (even months): TBA

2nd Tuesday (odd months): Azura Memory Care

3rd Tuesday (odd months): ResCare Home-Care

3rd Tuesday (even months): Lake View Place

4th Tuesday (odd months): Hospice Advantage

4th Tuesday (even months): TBA

BOOK CLUB

3rd Monday at 9:30 a.m.

Nov. 16 *Diary of a Young Girl*
by Anne Frank

Dec. 14 (2nd Monday) Meet for
breakfast at Faros at 9:30.

Bring along a favorite book!

Book synopses available at front desk.

BRIDGE

\$1 donation

Tuesdays: 12:30 p.m.

For information or to play, call Arlene Love at 922-5668.

Thursdays: 10:00 Beginners
(subs needed)

Thursdays: 12:30 p.m. Advanced
For information or to play, call Judy Rupp at 920-477-3021.

CANASTA

1st, 3rd & 5th Wednesdays
at 12:00 p.m.

CHORUS

Red Hat Honeys

Fridays at 10:00 a.m.

COIN CLUB

2nd Tuesday at 6:00 p.m.

EUCHRE

Mondays at 1:00 p.m.

DANCES

\$4.00 donation

Wednesdays at 7:30–9:30 p.m.

Call MaryAnn at 920-960-5850 for info.

GERMAN CLUB

Mondays at 1:00 p.m.

HAND & FOOT (Card Game)

Wednesdays at Noon

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

JOURNALING

4th Thursday at 10 a.m.

MODEL RAILROAD HOBBYISTS

2nd Sunday at 6:00 p.m.

POKER

Mondays at 1:00 p.m.

POOL

Open Pool daily

Leagues

8-Ball Tuesdays

9-Ball Weds.

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for information.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.

RED HAT HONEYS

Various activities include Chorus, Good Deed Gals, Umbrella Brigade, and more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is available at the front desk for anyone to pick up. Just ask for it!

ROMEOS

*All men are welcome to join the
"Retired Old Men Eating Out" for lunch...
You don't have to be retired (or old) to
join in on the camaraderie and fun!*

Thursday, November 5 at Boda's
Call the Center to pre-register!

SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

Char-tastic Crafters

1st & 3rd Thursday from 6–8 p.m.

SHEEPSHEAD

\$1.50

Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays and Fridays at 1:15 p.m.

Black Queens

SKAT

Tuesdays at 9:00 a.m.

STITCHERY

Tuesdays at 1 p.m.

SUPPER CLUB

Dutch Treat. Everyone welcome!

You MUST call the Senior Center if attending.

Saturday, November 21
Sebastian's

Social: 5:00 p.m.; Dinner: 5:30 p.m.

TOPS (Take Off Pounds Sensibly)

Chapter #0566

Thursdays at 6:00 p.m.

Wii BOWLING

Open Bowling by request—call to reserve day

Fridays at 12:30 and 1:45 p.m.

League Play (September–April)

Subs also needed for league play

WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00–8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00–8:00 p.m.

Workshop meetings at Horace Mann High School, North Fond du Lac.

Call Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m.

The Memories Writers meet to share and preserve life experiences and family history. New members welcome!

Programs & Activities - Movie

9



"The Invisible Woman"

Only one showing this month: Thursday, November 12

11:45 a.m. Lunch (optional); 12:30 p.m. Movie

November 12 Menu: Beef Stroganoff Casserole, spinach salad with raspberry vinaigrette, cantaloupe slice, frosted cake, dinner roll

2013 movie; biography/drama/history; 1 hr 51 mins; R; Starring: Ralph Fiennes, Felicity Jones, and Kristin Scott Thomas

In the 1850s, Ellen Ternan is a minimally talented actress who catches the eye of British author, Charles Dickens. Bored with his intellectually unstimulating wife, Dickens takes the educated Ellen as his mistress with the cooperation of her mother. What follows is a stormy relationship with this literary giant who provides her with a life few women of her time can enjoy. Yet, Ellen is equally revolted by Charles' emotional cruelty and determination to keep her secret. In that conflict, Ellen must judge her own role in her life and decide if the price she pays is bearable.

Register for lunch and movie separately. Call Senior Services at 929-3937 before 1 p.m. on the day before the lunch will be served. Call the Senior Center at 322-3630 to register for the movie. The movie is free and open to the public. Free popcorn and refreshments will be served. *If you register to attend but are unable to come, please call to let us know.*

Thanks to Moraine Park Technical College for sponsoring movies at the Senior Center and Family Video, 32 E. Johnson Street, for generously allowing the Senior Center free movie rentals.

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Health & Wellness



TAI CHI

Tai Chi has value in treating or preventing many health problems. The next 8-week session will **begin on December 29.**

Classes meet **Tuesday mornings from 9—10 a.m.** The cost is \$45 for eight weeks. Participants should wear loose, comfortable clothing and tennis shoes. Friends membership is required. For more information, call 322-3630.

HIKERS

Join our hikers on Tuesday and Thursday mornings at 10:00. We also often eat out after a hike. Please join us!

For more information and hiking locations, please call Ruth at 921-7192 or JoAnn at 922-2068.



Chair Exercise Classes



LOW IMPACT CHAIR EXERCISE

Mondays 9:00—9:30 a.m.

CHAIR EXERCISE VIDEO

Wednesdays 9:45—10:15 a.m.

Men & Women Welcome!

OTHER EXERCISE

Hikers

Tuesday & Thursday, 10 a.m.

Line Dancing

Thursdays 6—7:30 p.m.

\$10/ 4 weeks

Beginning Line Dancing

Saturdays 10:00—11:30 a.m.

\$7.50/ 3 weeks

Water Exercise

Daily 8 a.m. at the Aquatic Center, \$3.75 per session or \$60 for a 20x punch card.



HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by: Agnesian

Friday, November 13; 8:30—10 a.m. 2nd Friday of the month
No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

Friday, November 13; 8:30—10 a.m. 2nd Friday of the month
No appointment needed. 12-hour fast required. Donations accepted.

CHOLESTEROL SCREENING

Sponsored by Consultants Lab of Agnesian HealthCare
Lipid Panel + Glucose screening

Tuesday, November 10; from 8:30—11 a.m.

2nd Tuesday in May & November

Cost: \$25; Call 322-3630 for appointment. 12-hour fast required

FOOT CARE (ROUTINE NAIL CARE) - Cost \$25

Sponsored by FDL County Health Department

Thursday, November 5, 12, 19

Call 322-3630 for an appointment.

MASSAGE, REFLEXOLOGY, IRIS, LASER THERAPY

Renee Waters, Certified Massage Therapist & Naturopath;
Owner of Country Doctor

Tuesday, November 24; 10 a.m.—2 p.m.

Usually 4th Tuesday of the month

Cost: \$20 for 30 minute session; call 322-3630 for appointment.

VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

Tuesday, November 10; from 8:30 — 11 a.m.

2nd Tuesday in May & November Cost: \$45. Call 322-3630 for appointment.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

No meeting in November or December

Thursday, January 28; 6:30—8:00 p.m. (4th Thursday)
Fond du Lac Senior Center, 151 E. First Street ~ Room 4

DIABETIC SUPPORT GROUP

Tuesday, November 17; 4:00—5:00 p.m. (3rd Tuesday)

Aurora Health Care Center, 210 American Dr. ~ American Room

GLUTEN FREE SUPPORT GROUP

Friday, November 13; 9 a.m.

Festival Foods Conference Room, 1125 E. Johnson St., FDL

Topic: "How Local Health Care Facilities Accommodate Patients requiring a gluten free diet."

PARKINSON'S SUPPORT GROUP

Monday, November 9; 10:00—11:00 a.m. (2nd Monday)

Aurora Health Care Center, 210 American Drive ~ American Room

PROSTATE CANCER SUPPORT GROUP

Tuesday, November 10; 8:30 a.m. (2nd Tuesday of the month)

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Dr.

Cardio Drumming

is coming soon!

Watch December's newsletter for more details.



Cardio drumming brings the fun back into fitness! Drumming classes provide effective workouts for every fitness level. Pounding drumsticks on exercise balls and clinking them overhead to music releases stress and is a great full-body workout

One of the best reason to drum is that anyone can do it...there is no wrong or right way to drum. Just come and have fun!

Group Discussion with Andrea

“Caregiver Guilt—How to Cope with It”

**Tuesday, November 17
3:15 p.m.**



Come and join this month's discussion group facilitated by Andrea Mitchell, Older Adult Counselor with Lutheran Social Services. Our topic will be ***“Caregiver Guilt—How to Cope with It”***. Caregivers experience many emotions including guilt. Whether it be feeling guilty over not spending enough time with your loved one, not having time for other family members and friends, or feelings of resentment. Learn how to cope with these feelings at this month's group discussion.



For more information or to register for this group discussion, call 322-3630.

November is National Lung Cancer Awareness Month

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LUNG CANCER
AWARENESS**

**LungCancer
Screening**
SavesLives.org
AMERICAN LUNG ASSOCIATION

Early detection of lung cancer
can increase survival rates.

Call the **Lung Helpline** at
800-LUNGUSA or talk to your
doctor about lung cancer screening.

Senior Outreach Program

Reaching Out – Touching Lives

Community Cares

Volunteers will visit **Sterling House, 1001 Primrose Lane, Tuesday, November 24 from 2 to 3 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. **Volunteers can be any age.** If you would like to participate or have questions, call 322-3630. Sharing an hour of your time can make a difference in the life of a senior.



Senior Outreach Program

Outreach Volunteers will meet on **Thursday, November 5 at 9 a.m.** to provide each other support, address any concerns and share success stories.

There won't be a speaker this month due to dementia tours. Please refer to your assigned time slots. Call Sarah if you have any questions.

The Senior Outreach Program is funded in part by:

Friends of the Fond du Lac Senior Center
Fond du Lac County Department of Community Programs
Fond du Lac Area United Way; Fond du Lac Area Foundation

November

Monday		Tuesday		Wednesday		Thursday		Friday	
2	9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 1:00 Euchre 1:00 Poker 1:00 MPTC Computer Basics 1 1:15 Sheephead 6:30 FDL Concert Association	3 8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 Skat 9:00 AARP Board Meeting 10:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Singing 12:30 Bridge 1:00 Bingo 1:00 Stitchery Group 1:00 Drawing &Watercolor Class 3:00 Mixed Media Art Class 6:00 Winnebago Woodworkers at Horace Mann High School 6:30 Senior Dining:Paddy's Social at 5:30	4 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise 12:00 Canasta 12:00 Hand & Foot 1:00 MPTC Computer Basics 1 1:15 Sheephead 3:15 Sewing Lab 7:30 Wed Night Dance	5 9:00 Senior Outreach Meeting 9:00 Foot Care 9:00 Hand Chimes 9:00 & 10:30 Yoga 10:00 Hiking 10:00 Beginning Bridge 10:15 Scrapbooking 12:00 ROMEO's—Boda's 12:30 Bridge 1:00 Flying Geese Quilters 1:00 Outreach Training 5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Scrapbook Club	6 8:00 Coffee & Conversation 10:00 Red Hat Chorus 12:30 Wil Bowling 1:00 Memories Writers Group 1:15 Sheephead 2:00 Soul Collage Packer Day-Wear your Green & Gold 7 Saturday 10:00 Beg. Country Line Dance 8 Sunday 6:00 Model Railroad				
9	8:15 AARP Drivers Safety Class 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 1:00 Euchre 1:00 Poker 1:00 MPTC Computer Basics 1 1:15 Sheephead 6:30 FDL Area Writers Club	10 8:30 Pool League 8 Ball 8:30 Vitamin D & Cholesterol Screening 9:00 Tai Chi 9:00 Skat 10:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Singing 12:30 Bridge 1:00 Bingo Sponsored by Azura MemoryCare 1:00 Stitchery Group 1:00 Drawing &Watercolor Class 3:00 Mixed Media Art Class 6:00 Winnebago Woodworkers 6:00 Coin Club 6:30 Senior Dining-3 Guys & a Grill Social at 5:30	11 8:00 Veterans Day Pancake Breakfast 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise 12:00 Hand & Foot 1:00 MPTC Computer Basics 2 1:15 Sheephead 3:15 Sewing Lab 7:30 Wed Night Dance	12 9:00 Foot Care 9:00 Hand Chimes 9:00 & 10:30 Yoga 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 12:30 Bridge 12:30 Movie-"The Invisible Woman" 1:00 Presentation by Kathleen Stetter Make a Difference with Fair Trade 5:45 TOPS #0566 6:00 Country Line Dancing 7:00 Sunset Stitchers Happy Travelers Trip—Packer Stadium/CBS	13 9:00 Health Screenings 10:00 Red Hat Chorus 12:30 Wil Bowling 1:00 Memories Writers Group 1:15 Sheephead Packer Day-Wear your Green & Gold 14 Saturday 10:00 Beg. Country Line Dance 15 Sunday				
16	9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Book Club 1:00 Euchre	17 8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 Skat 10:00 Hiking 10:00 Acrylic & Oil Painting Class	18 8:30 Pool League 9 Ball 8:30 SCAMP 9:45 Video Chair Exercise 10:45 Hand Chimes-Woodlands	19 9:00 Foot Care 9:00 & 10:30 Yoga 10:00 Hiking 10:00 Scrapbooking	20 8:30 SCAC 9:30 Friends Board 10:00 Red Hat Chorus 12:30 Wil Bowling				

<div>1:00 Poker</div> <div>1:00 MPTC Computer Basics 2</div> <div>1:15 Sheepshead</div>	<div>10:00 Singing</div> <div>12:30 Bridge</div> <div>1:00 Bingo Sponsored by ResCare Homecare</div> <div>1:00 Stitchery Group</div> <div>1:00 Drawing & Watercolor Class</div> <div>3:00 Mixed Media Art Class</div> <div>3:15 Group Discussion-Caregiver Guilt—How to cope with it</div> <div>6:00 Winnebago Woodworkers at Horace Mann High School</div> <div>6:30 Senior Dining-Blanck's Lake Aire Social at 5:30</div>	<div>12:00 Hand & Foot</div> <div>12:00 Canasta</div> <div>1:00 MPTC Computer Basics 2</div> <div>1:00 Umbrella Brigade practice</div> <div>1:15 Sheepshead</div> <div>2:30 Umbrella Brigade perform</div> <div>7:30 Wed Night Dance</div> <div>Happy Travelers Trip-Dancing Horses/Birds Holiday Show in Delavan</div>	<div>10:00 Beginning Bridge</div> <div>10:00 Journaling</div> <div>10:00 Hand Chimes - Brooke Ind.</div> <div>12:00 Red Hat Floral Presentation</div> <div>12:30 Bridge</div> <div>1:30 AARP</div> <div>5:45 TOPS #0566</div> <div>6:00 Country Line Dancing</div> <div>6:00 Chartastics Scrapbook</div>	<div>1:00 Memories Writers Group</div> <div>1:15 Sheepshead</div> <div>Packer Day-Wear your Green & Gold</div> <div>21 Saturday</div> <div>10:00 Beg. Country Line Dance</div> <div>5:00 Supper Club at Sebastian's</div> <div>5:00 Social, 5:30 Dinner</div> <div>22 Sunday</div>
<div>23</div> <div>8:00 Newsletter Assembly</div> <div>9:00 Low Impact Chair Exercise</div> <div>9:00 Woodcarving Club</div> <div>1:00 Euchre</div> <div>1:00 German Club</div> <div>1:00 Poker</div> <div>1:00 MPTC Computer Basics 3</div> <div>1:15 Sheepshead</div>	<div>24</div> <div>8:30 Pool League 8 Ball</div> <div>8:30 Tai Chi</div> <div>9:00 Skat</div> <div>10:00 Hiking</div> <div>10:00 Acrylic & Oil Painting Class</div> <div>10:00 Singing</div> <div>10:30 Massage</div> <div>12:30 Bridge</div> <div>1:00 Bingo</div> <div>1:00 Stitchery Group</div> <div>1:00 Drawing & Watercolor Class</div> <div>2:00 Community Care-Sterling House</div> <div>3:00 Mixed Media Art Class</div> <div>6:00 Winnebago Woodworkers at Horace Mann High School</div> <div>6:30 Senior Dining-Schreiner's</div> <div>Social at 5:30</div> <div>Happy Travelers Trip—Oneida Casino & Mystery Restaurant</div>	<div>25</div> <div>8:30 Pool League 9 Ball</div> <div>8:30 SCAMP</div> <div>9:45 Video Chair Exercise</div> <div>10:45 Hand Chimes-Woodlands</div> <div>12:00 Hand & Foot</div> <div>1:00 MPTC Computer Basics 3</div> <div>1:15 Sheepshead</div> <div>7:30 Wed Night Dance</div>	<div>26</div> <div>Center Closed</div> <div></div>	<div>27</div> <div>Center Closed</div> <div>28 Saturday</div> <div>29 Sunday</div>
<div>30</div> <div>9:00 Low Impact Chair Exercise</div> <div>9:00 Woodcarving Club</div> <div>1:00 Euchre</div> <div>1:00 German Club</div> <div>1:00 Poker</div> <div>1:00 MPTC Computer Basics 3</div> <div>1:15 Sheepshead</div> <div>4:30 TOPS #1159</div>	<div>LET'S DO LUNCH!</div> <div>The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Thursday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 1 p.m. Menus are available at the front desk or our website: fdlseniorcenter.com</div> <div>Senior Dining</div> <div></div> <div>Fellowship, Food & Fun</div>			
<div>OFFSITE SUPPORT GROUPS</div> <div>11/9 10:00 Parkinson's Support Group- Aurora Health Care</div> <div>11/10 8:30 Prostate Cancer Support Group-Rolling Meadows Family Restaurant</div> <div>11/13 Gluten Free Support Group at Festival Foods</div> <div>11/17 4:00 Diabetic Support Group at Aurora Health Care Center</div> <div>** All Orange Events are held Offsite</div>				

Classes

WE'VE GOT CLASS! REGISTER NOW!



MORaine
PARK
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The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. The classes, set up through Moraine Park Technical College and held at the Senior Center, are taught at a relaxed pace and are open to ALL ages.

HOW TO REGISTER: Register at MPTC in person (use the C-1 Entrance) or by phone at 922-8611. Classes often fill fast—early registration is recommended!

Today, web-savvy seniors are embracing email, blogs and the whole world of information at their fingertips. In fact, people over 60 are the fastest growing segment of computer and internet users. Join them! If you don't know how to use a computer or want to enhance your skills, these classes are for you! There's nothing like the Web for keeping people connected. Don't let the world pass you by!

MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS/ WEEK	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
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COMPUTER BASICS 2

***Each student is required to bring a jump drive to class**

103-485-20315	M, W	Nov 11, 16, 18, 2015	3 days	1:00—4:00 p.m.	9 hours	K. Kraft	\$4.50	\$36.60
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Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized. Text book optional.

COMPUTER BASICS 3

***Each student is required to bring a jump drive to class**

103-490-20332	M, W	Nov 23, 25, 30, 2015	3 days	1:00—4:00 p.m.	9 hours	K. Kraft	\$4.50	\$36.60
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Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2. Text book optional.

COMPUTER BASICS 4

***Each student is required to bring a jump drive to class**

103-491-20400	M, W	Dec 2, 7, 9, 2015	3 days	1:00—4:00 p.m.	9 hours	K. Kraft	\$4.50	\$36.60
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Explore in-depth concepts of computer software and hardware. This advanced computer basics course builds upon the knowledge and application technique skills learned in Computer Basics for Beginners 1, 2 and 3. Text book

COMPUTER BASICS 5

***Each student is required to bring a jump drive to class**

103-492-20444	M, W	Dec 14, 16, 2015	2 days	1:00—4:00 p.m.	6 hours	K. Kraft	\$4.50	\$23.76
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Examines computer system maintenance programs. Explore virus protection software settings and updates. Set up system restore features and keep your computer running smoothly. Each student is required to bring a jump drive to class. (Completion of 103-490 Computer Basics for Beginners 3 is recommended.) Textbook optional.

APPLE IPAD BASICS

103-611-20442	R	Dec 10, 2015	1 day	9:00 a.m.—noon	3 hours	A. Mielke	\$20.55	\$25.90
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Explore the basic functions and features of iPads. Learn the various uses for an iPad and what this tablet device can offer to you. This class is intended for people wanting to learn about the iPad and also for beginner users. Bring your iPad to class.

APPLE iPad BASICS II

103-613-20445	R	Dec 17, 2015	1 day	9:00 a.m.—noon	3 hours	A. Mielke	\$20.55	\$25.90
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Boost the usage of your iPad by expanding on the information you learned in the Apple iPad Basics course. This class is a continuation of the first course and will take you deeper into the iPad while reinforcing the things you have had a chance to practice. Bring your iPad to class.

IS AN iPad OR TABLET RIGHT FOR YOU?

103-606-20428	R	Dec 3, 2015	1 day	9 a.m.—noon	3 hours	A. Mielke	\$25.90	\$20.55
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With so many tablets to choose from, iPad, Kindle Fire and the many other versions of Android devices, it can be difficult to know which one will meet your needs. In this class, we will compare the features of the various brands and determine if a tablet is right for you—and if so, which one.



*Live as if you were to die tomorrow.
Learn as if you were to live forever.
- Mahatma Gandhi*

FOR RENT – ELDERLY HOUSING

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Westnor Apartments at 653 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
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- Nursing services available to residents free one day a week
- All utilities included in rent, Free on site parking
- Close to Forest Mall, etc. On City bus route

Grand Court Apartments at 630 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free one day a week
- All utilities included in rent except electricity, Free on site parking
- Close to Forest Mall, etc. On City bus route

Heather Meadows Apartments at 235 Winnebago Street, N Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free twice a month
- All utilities paid except electricity
- Free on site parking

Rosalind Apartments at 15 North Marr Street, Fond du Lac

- Must be near elderly, elderly (50+) or disabled
- Air conditioned hallways and Community Room
- Large TV for resident use in Community Room
- Nursing services available to residents free one day a week
- All utilities included in rent
- Close to downtown, hospital, clinics, churches; on City bus route

**For more information call: Fond du Lac Housing Authority
929-3107 extension 102 • Monday – Friday 8:00 AM – 4:30 PM**

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Art & Recreation Classes

Several art and recreational classes are offered at the Senior Center. Registration for these classes is required—register at the front desk. Payment is expected at that time and can be made with cash or check made payable to *Friends, Inc.*

Class	Day	Time	Weeks	Cost
Acrylic & Oil Painting	Tuesdays	10—noon	4	\$16
November 3, 10, 17, 24; December 1, 8, 15, 29 (No Dec. 22 class. Christmas Party Dec. 15)				
Drawing & Watercolor	Tuesdays	1-3 p.m.	4	\$16
November 3, 10, 17, 24; December 1, 8, 15, 29 (No Dec. 22 class. Christmas Party Dec. 15)				
Mixed Media	Tuesdays	3-4:30 p.m.	4	\$16
November 3, 10, 17, 24; December 1, 8, 15, 29 (No Dec. 22 class. Christmas Party Dec. 15)				
Country Line Dancing	Thursdays	6—7:30 pm	4	\$10
December 3, 10, 17 (\$7.50 due to only 3 classes)				
Beg. Country Line Dancing	Saturdays	10:00—11:30 am	3	\$7.50
November 7, 14, 21; December 5, 12, 19				
Open Sewing Lab	Wednesdays	3:30—6:30 p.m.	5	\$15
Nov. 4, 11				
Singing	Tuesdays	10-11 a.m.	6	\$25
November 3, 10, 17, 24, December 1, 8				



Keep up with Senior Center news and activities, like us on Facebook!

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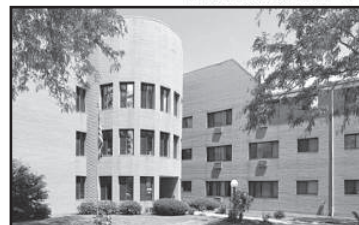
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AARP MEETING

Thursday, November 19; 1:30 p.m.

**Speaker: Haley Madson,
FDL County Social Services**

AARP meetings are held at the Fond du Lac Senior Center every 3rd Thursday of the month at 1:30 p.m. They are free to attend and open to the public—all ages welcome. Refreshments are served. The cost to join the local AARP chapter is \$3.

COMPLIMENTARY TICKETS

The Fond du Lac School District has provided the Senior Center with 10 complimentary admission tickets to regular season sporting events and music department musicals and plays.



These tickets are to be used by seniors on a shared basis. In this way, anyone who is interested in attending a specific event may pick up a ticket, use it for that particular event, and return it to the Senior Center for use by others.

\$10 off a \$10 Purchase at



Support the Senior Center by shopping at Younkers!

Here's how: Younkers Community Days coupon books are on sale now through November 11 at the Senior Center front desk. Coupon books are \$5 and contain lots of coupons including one for \$10 off a \$10 purchase! Your coupon book will pay for itself!

The Senior Center keeps all the money raised from our coupon books sales. What a great fundraiser!

Coupons are good during Younkers Community Day Sale November 11-14, 2015.

TRIAD/SALT MEETING

(Seniors and Law Enforcement Together)

NO MEETING IN NOVEMBER OR DECEMBER

Join us at our next meeting Thursday, January 28.

TRIAD meetings are held at the Fond du Lac Senior Center the 4th Thursday of the month (usually) at 1:00 p.m. They're free to attend and open to the public—all ages welcome. Check out the TRIAD bulletin board in the hallway (across from the kitchen) for updated information on senior safety AND to find out when the next meeting will be.

Heartland Movie Group

This group will watch movies with related themes in an effort to reflect and connect with our grief.

Upcoming Movie:

Tuesday, December 15 to view "Shadowlands"

The movie group starts at 1:30 p.m. at HCR Manor Care, 265 S. National Avenue, Fond du Lac. Our goal is to foster healing and understanding for those who are coping with grief while providing insight and direction. Take this opportunity to meet others, ask questions, or to simply watch and listen.

For more information or to RSVP contact Linda Wein or Dan Krause at 1-800-236-1989.

Heartland 
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S.C.A.C. MEETING

(Senior Citizens Advisory Committee)

Friday, November 20; 8:30 a.m.

The public is welcome to attend!

S.C.A.C. meets the 3rd Friday of every month at 8:30 a.m. at the Fond du Lac Senior Center.

The committee was formed to represent the needs and concerns of senior citizens in our community. They represent the senior citizens in the Fond du Lac community and make recommendations for action by the City Council as appropriate. The committee also serves as a liaison to the County's Commission on Aging.

Classes

Come kick up your heels!

COUNTRY LINE DANCING

Beginning Line Dancing

Saturdays 10:00–11:30 a.m.
\$7.50 for 3 week session
Next session begins November 7

Country Line Dancing

Thursdays 6:00–7:30 p.m.
\$7.50 for 3 week session
Next session begins December 3

**Note: this class is typically 4 classes and costs \$10*

It's fun and it's great exercise! Come join us.
Call 322-3630 to sign up.



Singing Class "Express Yourself in Music"

Tuesdays 10:00–11:00 a.m.
November 3, 10, 17, 24, Dec. 1, 8
Cost: \$25/6 week session

The Singing Class is offered by voice teacher Kathryn Staley-Hamm. Class is aimed at raising the level of your individual singing talent in a group setting. With this basic singing approach technique, you can learn to improve your talent and have fun experiencing different styles of music. Developing your voice can give you the confidence and the opportunity to share your gift with others. For more information view Kathryn's website www.purevoice.us



To register for this upcoming session, call the Senior Center at 322-3630.

*If you're old enough to know better,
you're too old to do it.*

- George Burns



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SENIOR DINING

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on **Tuesday nights**. The group meets weekly for dining, with cocktails beginning at 5:30 p.m. and dinner at 6:30 p.m.



November 3	Paddy's
November 10	Three Guys and a Grill-Trinity
November 17	Blanck's Lake Aire
November 24	Schreiner's

**A GREAT OPPORTUNITY TO SOCIALIZE
& MEET NEW FRIENDS!**

For information, please call Max at 920-269-4180.

Senior Dining



November 2015 Fond du Lac County Senior Dining

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served **Monday—Thursday at 11:45 a.m.**, lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 1 p.m.

Complete menus are available at the front desk or our website: fdlseniorcenter.com and click on Services.

- Free computer/Internet access in the lab & lobby for Friends members only
- Information or referrals on many senior citizen related topics
- Car Fit service available by appt.—you can have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating available
- Notary services are available by appointment
- Document shredder available for your use
- Income tax assistance (free) during tax season
- Books, magazines, puzzles, videos available to borrow for FREE
- Weight scale in Health Room
- Newcomer tour: call for a personal appointment or just stop in
- Magnified reader is available for the visually impaired or for reading fine print
- Telephone Reassurance Calls: Mornings (Monday—Friday)
- FDL County Department of Senior Services Dining Program. Meals are served at Senior Center Monday—Thursday at 11:45 a.m. Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk. Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60.
- FDL County Department of Senior Services Benefit Specialist, Julie Hilbert, can be reached at 929-3521.

**WE
ARE
HERE
TO
HELP**

- Monday, November 2: Chop steak in burg. mushroom sauce
- Tuesday, November 3: Chicken, broccoli & rice casserole
- Wednesday, November 4: Roast pork loin
- Thursday, November 5: Teriyaki chicken
- Monday, November 9: Glazed ham
- Tuesday, November 10: Meatballs in honey mustard sauce
- Wednesday, November 11: Baked chicken
- Thursday, November 12: Beef stroganoff
- Monday, November 16: Beef bologna
- Tuesday, November 17: Lasagna casserole
- Wednesday, November 18: Pork Jaegerschnitzel
- Thursday, November 19: Pepper steak
- Monday, November 23: Meatloaf
- Tuesday, November 24: Beef stew
- Wednesday, November 25: Roast turkey
- Thursday, November 26: Thanksgiving (no meal)
- Monday, November 30: Swedish meatballs

Note: At this time, meals are not served on Fridays at the Senior Center.

Happy Travelers

Be a Happy Traveler... *We're going places!*



-WE'RE GOING PLACES

Mary Schneider, Travel Coordinator **Call 322-3635**

Friends membership is required to travel with the Happy Travelers.
Membership is \$10 for a single and \$15 for a couple.

Reminders:

- If you would like an itinerary for a day trip, you may pick one up at the Happy Travelers office 4 weeks before the trip.
- Please bring your deposit receipt with you when making your final payment. It's very helpful and saves us time.
- Bus driver tip is included in the price of day trips.

HOLLAND AND BELGIUM WATERWAYS TULIP TIME RIVER CRUISE March 26—April 3, 2016



Explore the amazing countryside and waterways of Holland and Belgium by cruising through the extensive network of rivers and canals throughout the country. Glide past infinite tulip fields and enjoy picturesque towns and scenery as you travel through Holland and into Belgium.

Highlights include:

- * Excursions in Amsterdam
- * Ghent *Antwerp
- * Tour of Keukenhof Gardens.

From \$3,999 air & cruise.

Hurry, the price increases \$100 after November 13.

COLORADO RAIL ADVENTURE September 8—16, 2016



Explore the Colorado Rockies aboard standard and narrow gauge railways reaching summits of more than 14,000 feet!

Your trip includes:

- * Airport transfers in Denver
- * Hotel accommodations for 8 nights including pre-night hotel stay in Denver
- * Rail excursions aboard the Georgetown Loop Railroad, Pike's Peak Cog Railway, Durango, Silverton Narrow Gauge Railway, Cumbres & Toltec Scenic Railroad, Rio Grande Scenic Railroad, and Royal Gorge Route Railroad
- * Garden of the Gods Great Sand Dunes Natl. Park
- * Transportation by deluxe motor coach * Services of professional tour manager
- * 14 meals * Baggage handling

\$2,150 per person double occupancy
(land only rate, group airfare and transfers will be added to this price)

2016 HAPPY TRAVELERS

21

JANUARY

Lunch or dinner
Dutch Treat = DT
Included = IN



Happy Travelers
Exclusive Trip

"Legends in Concert"

Fireside Theatre
Thursday, January 14
8:15 a.m.-6:00 p.m.
\$105 IN

Hawaii

Collette Tours
10 Day Trip
Thursday—Saturday
January 28—February 6
\$4,949 Dbl

FEBRUARY

"Band of Royal Marines"

Pipes, Drums, & Highland
Dancers of Scots Guards
Appleton PAC
Monday, February 8
4:00 p.m.—10:30 p.m.
\$46 Victoria's DT

Fasching Dinner & Show

Dorf Kapelle Band
Johnsonville
Sunday, February 14
10:00 a.m.—4:30 p.m.
\$65 German Meal IN

North Star Casino

Jim and Linda's
Thursday, February 18
\$59 IN

MARCH

Oneida Casino

Schwarz's
Thursday, March 10
\$59 IN

Chicago Flower Show

Friday, March 18
8:00 a.m.—9:00 p.m.
\$65 DT

Holland and Belgium Tulip River Cruise

Central Holidays West Tour

March 26—April 3
Saturday—Sunday
Starting at \$3,999 Dbl

APRIL

"Motown the Musical"

Appleton PAC
Thursday, April 7
Two Tier Pricing: \$72 & \$86
6:00 p.m.—11:00 p.m.
No Meal

"Cheese Heads"

Alp & Dell Cheese
Factory Tour
Minhas Brewery Tour,
Silly Yak Gluten Free
Bakery Tour
Wednesday, April 13
\$65 IN



Washington DC

Diamond Tour
April 21—28
Thursday—Thursday
\$739 Dbl

MAY

"Sister Act"

Fireside Theatre
Thursday, May 12
8:15 a.m.—6:00 p.m.
\$105 IN

Chicago Guided Tour of City

Diamond Tour
May 17-19
Tuesday—Thursday
\$299 Dbl

**BE SURE TO SIGN UP
ASAP FOR TRIPS SO THEY
ARE NOT CANCELLED**

JUNE

"Brewer Game"

Wednesday, June 1

"Maggie Mae Dinner Show"

Old Fashioned Barn Dance
Oxford
Thursday, June 9
\$74 IN

"Cruisin" Milwaukee Art Museum and Edelweiss River Cruise

Thursday, June 23
\$85 IN

"The Sky's the Limit"

EAA Museum and
Menominee Park
Grandparents/Grandkids Day
Tuesday, June 28
\$38 DT



Fond du Lac Senior Center

151 E. 1st Street
Fond du Lac, WI

920-322-3630

fdlseniorcenter.com



**CALL
322-3635**

Mary Schneider
Travel Coordinator

OFFICE HOURS
Monday—Thursday
9 am—3 pm
Closed Fridays

DEPOSIT REQUIRED
on all trips &
FINAL PAYMENT
due at least 2 months
prior to trip date.

Deposit nonrefundable.
See cancellation
refund policy for
details.

2016 HAPPY TRAVELERS

JULY

Lunch or dinner
Dutch Treat = DT
Included = IN

"Honoring Our Veterans"
Wisconsin Veterans
Museum, Madison
Olbrich Botanical Gardens
Tuesday, July 12
Walking Trip
7:30 a.m.—7 p.m.
\$45 DT

Arlington Horse Races
Thursday, July 14
\$59 DT

"Mystery Trip"
July 27—28
Wednesday—Thursday
\$206

AUGUST

Greendale
"Taste of Home"
Wednesday, August 3
9:00 a.m.—5:00 p.m.
\$74 IN
Tour Trimborn Farms
Lunch at Ferch's
Old fashion Malt Shop
Tour-History of Village

Oneida Casino
Schwarz's
Tuesday, August 9
\$59 IN

Lake Geneva Cruise &
Rosewood Lunch

Shipshewana
August 22—25
Monday—Thursday
Walking Trip

SEPTEMBER

"Singin' in the Rain"
Fireside Theatre
Thursday, September 1
8:15 a.m.—6:00 p.m.
\$105 IN

Colorado Rail Adventure
Vacations by Rail
September 8—16
Thursday—Friday
\$2,150 Land Only
Air & Transfer will be added

"Cookin' with Gus"
Memories Theatre
September 28

Fond du Lac
Senior Center

151 E. 1st Street
Fond du Lac, WI

920-322-3630

fdlseniorcenter.com



OCTOBER

Albuquerque Balloon
Fiesta
Collette Tour
October 4—9
Tuesday—Sunday
\$2599 Dbl

Ho Chunk Casino
Tuesday, October 11
\$34 No Meal

"Million Dollar Quartet"
Fireside Theatre
Thursday, October 13
8:15 a.m.—6:00 p.m.
\$105 IN

New York and
Statue of Liberty
Diamond Tour
October 20—26
Thursday—Wednesday
\$715 Dbl

NOVEMBER

Milwaukee Food &
Churches Tour

North Star Casino
Roepke's
Wednesday, November 16
\$59 IN

Must be a
FRIENDS, Inc
Fond du Lac Senior
Center Member
to go on
Happy Travelers
Trips
Membership is \$10 Single or
\$15 Couple Yearly

DECEMBER

"Fireside Christmas"
Fireside Theatre
Thursday, December 15
8:15 a.m.—6:00 p.m.
\$105 IN

"Star" HS Christmas
Concert

Senior Center Christmas
Party

BE SURE TO SIGN UP
ASAP FOR TRIPS SO THEY
ARE NOT CANCELLED

CALL
322-3635

Mary Schneider
Travel Coordinator

OFFICE HOURS
Monday—Thursday
9 am—3 pm
Closed Fridays

DEPOSIT REQUIRED
on all trips &
FINAL PAYMENT
due *at least* 2 months
prior to trip date.

Deposit nonrefundable.
See cancellation
refund policy for
details.

2016 Friends Membership Application

23

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is on-going throughout the whole year.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

NAME(s) (both, if couple)	
MAILING ADDRESS	APT #
CITY, STATE, ZIP	
PHONE	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
<input type="checkbox"/> I'D LIKE TO GO GREEN! <i>RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE</i>	

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

CHOICE OF SUPPORT:

- ☐ **\$10.00 Single** ☐ **\$15.00 Couple** (same address)
- ☐ **\$_____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2016 is optional but *very much appreciated!*
- ☐ **\$50.00 FANTASTIC FRIENDS membership support** – Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2016 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of the Center.
- ☐ **\$100.00 FABULOUS FRIENDS membership support** – Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2016 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.
- PLEASE CHECK: ☐ Yes, you CAN include my name when listing publicity. ☐ No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership **can** be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues should be paid at the same time the required Friends membership is paid to avoid confusion. Friends membership, utility donation, and Red Hat dues **CAN** be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH AMT/Receipt Given _____ CHECK AMT _____ CHECK # _____

☐ NEW 2016 Member ☐ Renewal Receptionist Initials _____

☐ FANTASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100 ☐ UTILITY DONATION: \$
☐ Received Dine Out Book for Fantastic or Fabulous membership ☐ Received Happy Travelers Info
☐ Received Among Friends Newsletter

November 2015 Newsletter

_____ Card File

_____ Computer



Fond du Lac Senior Center

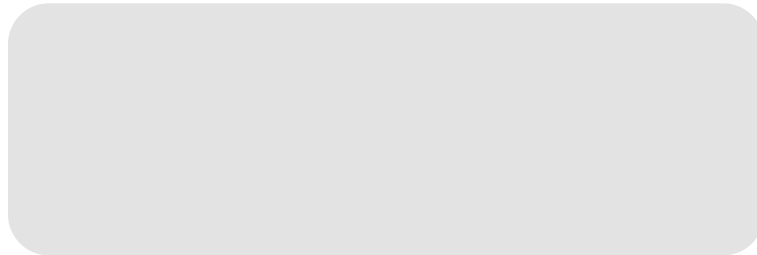
151 E. First Street
Fond du Lac, WI 54935

NON PROFIT ORG
U.S. POSTAGE

PAID

FOND DU LAC, WIS
PERMIT NO. 129

ADDRESS SERVICE
REQUESTED



FOND DU LAC SENIOR CENTER 920-322-3630

STAFF

DIRECTOR

Cathy Loomans 322-3630
cloomans@fdl.wi.gov

TRAVEL COORDINATOR

Mary Schneider 322-3635

BOOKKEEPER

Pat Heyer 322-3639

OFFICE ASSISTANT

Katie Fischer 322-3636

PROGRAM COORDINATOR

Sarah Olson 322-3641

MARKETING/FUND COORDINATOR

Joan Brezinsky 322-3640

OUTREACH/WELLNESS COORDINATOR

Sarah Olson 322-3641

GIFT SHOP COORDINATOR

Mary Otterstatter 322-3638

FRIENDS BOARD OF DIRECTORS

Kate Barr
Joanne Bunkelman
Jerry Gordon
Robert Katzfey
Mary Kind
Vickie Michels
Charlotte Nelson
Wally Seibel
Judi Walters

Fond du Lac Senior Center
is a member of **WASC**

Wisconsin
Association of
Senior
Centers



SENIOR CITIZEN ADVISORY COMMITTEE

Ruth Dauterman
Barbara Lukas, Chair
City Council Pres. Lee Ann Lorrigan
Charlotte Nelson
Ross Purcell
Dave Redman
John Silah
Ruth Smith

MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY